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ABSTRACT

The ideal school cafeteria includes a salad bar and serving tables with healthy food items. Certain cafeteria pitfalls, such as a noisy or stuffy atmosphere, can be avoided by good administration. Specific guidelines on campaigning for better school food consist of building a community coalition that holds public meetings, learning about the school food-service system, setting realistic goals for improvements, negotiating for change, determining if an impact is being made, and making use of the media. A brief history and description of food program administration, United States Department of Agriculture (USDA) regulations, school breakfast food requirements, and types of food-service systems provide an understanding of school food programs. One recommendation for school food program improvement is not to sell junk food during school hours. To help convince the community about the importance of good school nutrition, policy statements from organizations such as the American Medical Association are provided. Suggestions about how to lower fat, cholesterol, sodium, and sugar and to raise fiber amounts in school menus are made and examples of 11 school lunch programs around the nation are given. Resources for additional information are listed in Appendices A (5 organizations and 9 components of the USDA) and B (24 print and audiovisual materials). (EJS)

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# Organizing for Better School Food

*Preface by Congressman Peter H. Kostmayer*

Children's Nutrition Project
Center for Science in the Public Interest
Washington, D.C.

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Center for Science in the Public Interest (CSPI) is a non-profit consumer group that advocates better public health and nutrition policies. CSPI's Children's Nutrition Project focuses on improving children's diets. It convened the Citizens' Commission on School-Lunch Nutrition, which developed recommendations for improving school-lunch programs.

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# Table of Contents

**Preface** ..... vii

**Assessing the Problem** ..... 1
Overview ..... 1
Evaluate Your School Food-Service Programs ..... 2
Snacks and Vending Machines ..... 5

**Organizing a Campaign** ..... 7
Build a Coalition ..... 7
First Public Meeting ..... 8
Research and Early Negotiations ..... 9
Set Realistic Goals ..... 10
Negotiate for Change ..... 10
Evaluate and Celebrate ..... 11
Media Tips For Organizers ..... 11
Creating an Angle ..... 12
Writing a News Release ..... 13
Sample News Release ..... 14

**Understanding School-Food Programs** ..... 15
History ..... 15
Program Administration ..... 16
USDA Regulations ..... 17
Food Requirements for School Breakfast ..... 18
Types of Food-Service Systems ..... 18

**Citizens' Commission on School-Lunch Nutrition Summary of Recommendations** ..... 21

**Convincing the Community About Nutrition** ..... 23
Link Between Diet and Health ..... 23
Policies Against Junk Food ..... 24

**Finding Solutions to Poor School Nutrition** ..... 27
Kids Can Like Healthy Foods ..... 27
Modifying Menus ..... 27

**Serving Better Lunches Around the Country** ..... 30

**APPENDIX A** ..... 38
**APPENDIX B** ..... 39

# Preface

*Representative Peter H. Kostmayer*
*United States Congress*

Concern about hungry children and their ability to learn goes back two hundred years. In 1790, Count Rumford of Germany fed poor school children and unemployed working men, and in the mid-nineteenth century, the French National Guard bought hot mid-day meals for school children with their spare change. By 1882, the English Government began providing free lunches for poor children; by 1940, nine European countries were providing lunch for all school children.

Here in our country, the Army discovered that many of our World War II recruits were malnourished, and in response Congress created the National School Lunch Program in 1946. That year, schools received nine cents for every lunch served, nearly twice as much in real terms as they receive today. For each lunch served, schools receive only 28 to 33 cents, while half of the 24 million children served come from families whose income is low enough that they qualify for free or reduced-price meals.

Unfortunately, at the same time schools (with inadequate federal support) continue to fight malnourishment, they also face a ballooning number of improperly nourished children. A quarter of the nation's children have elevated blood cholesterol levels – an early indicator of the increased risk of heart disease, the nation's number one killer. Many children are subsisting on sugary soda and snack foods while passing up fruits, vegetables, and low-fat milk, and this poor diet is taking its toll on their health and their ability to learn.

This important booklet provides concerned citizens with a step-by-step guide to improving school lunches, and it documents many facts to support the changes it proposes. It is my hope that this handbook will increase your efforts at the local level to help schools provide more fresh fruit and vegetables and to teach children that healthy choices can be

tasty and do make a difference. Nutrition education for school administrators, cafeteria workers, and children is an important component for success in your effort.

While you tackle this challenge in your community, I will be reminding policymakers in Washington that children's nutritional needs must not be ignored. Raising healthy young Americans is as important today – for all of us – as ever.

*The Honorable Peter H. Kostmayer, is a seven-term U.S. Representative from Pennsylvania's Eighth Congressional District. Representative Kostmayer serves on the Select Committee on Hunger and the Subcommittee on Health and the Environment of the U.S. House Energy and Commerce Committee.*

# Assessing the Problem

*Overview*

Lunch at school should be a time for students to eat tasty, healthy food while relaxing with friends. Too often, though, cafeterias serve cheeseburgers, fries, Jell-O, and canned green beans in a stuffy, crowded room.

Children do not have to eat poorly at school. School lunches can be delicious, low fat, and popular with the students, as you'll discover reading the success stories here. By eating healthy foods at school, children can learn good eating habits that may last them throughout their lives.

To improve meals, committed parents and activists have united with creative food-service directors. They have found ways to make popular items healthier and to popularize healthy items. Kids have learned to love meatless chili, low-fat milk, whole-grain buns, and salads.

This manual can help you do the same. We've included specific nutrition information, hints on organizing a school-lunch coalition, and cooking tips. By encouraging more students to eat school lunches, you will not only provide good nutrition to more children, but may also increase the school food-service's income. More money helps your efforts since nutritious meals often cost more.

Since the 1970s, the National School Lunch Program has changed greatly. Once heavily subsidized by the federal government for all children, the program in 1990 received only half of the original level of support for each paying child. Assistance for poor children has kept pace with inflation. Food-service directors must watch pennies and stretch dollars. Further, they compete for customers against nearby fast-food outlets popularized by multi-million-dollar ad campaigns.

Food-service managers feel trapped: many kids will only buy fast-food imitations, and if the kids don't buy lunch, the cafeteria will lose money. The commitment to serving healthier foods loses to students' demands and the need for funds.

To address the many aspects of this issue, in 1990 the Center for Science in the Public Interest convened the Citizens' Commission on School-Lunch Nutrition. The Commission developed sensible, achievable recommendations that urge Congress, the federal government, and local school systems to make the appropriate policy changes. The American School Food Service Association endorsed the report. A summary appears on page 21.

This handbook offers local-level solutions, but each school system runs differently. Many food-service directors welcome the opportunity to work with interested parents, while others respond defensively. If you are unsuccessful at first, ask for different improvements. If you can't win skim milk, maybe you can bar junk food from vending machines or obtain permission for nutrition experts to lecture classes. Each successful change increases the likelihood of the next change. And kids will benefit from each change every school day. Good luck!

### *Evaluate Your School Food-Service Programs*

School cafeterias are financially dependent on children as customers. Children, heavily influenced by pervasive fast-food advertising, expect burgers and fries when eating away from home. Old-fashioned foods, such as chicken pot pie or vegetable soup, are scorned by kids who would rather wait and buy snacks on the way home. Some food-service directors, anxious for customers, serve mostly pizza, burgers, and fries.

Good school food-service directors have found ways to combine great nutrition with the appearance of fast foods. They add whole-wheat flour to pizza crust, install salad bars, and serve baked potatoes with low-fat toppings like yogurt. They serve lower-fat ethnic dishes like bean burritos and stir-fry chicken and vegetables. Plus, they work with teachers and parents to teach kids nutrition.

You'll need to learn about your school's food program. Visit the cafeteria. Eat breakfast or lunch with your child and watch the students' reactions to foods. Ask students what the cafeteria does best and what it does worst. Ask which items they always buy.

Request sample menus. Remember that most kids **want** to eat burgers, hot dogs, and pizza and will skip lunch rather than eat a nutritious soup or casserole. Don't jump to conclusions from reading menus. Schools may prepare pizza with a reduced fat part-skim mozzarella, and the ham may actually be made from very low-fat turkey.

Use the following points to evaluate your school's cafeteria. Remember that no lunch program is perfect.

### *THE IDEAL CAFETERIA*

- Food is cooked in the school.
- Students throw away no more than 25 percent of the food.
- Teachers eat the same food as the students.
- Tables are small, seating six to ten students apiece.
- Cafeteria serves a wide variety of foods including:
  - fresh vegetables and fruits,
  - foods low in sodium, sugar, and saturated fat,
  - naturally fiber-rich food: such as whole-grain breads, beans, peas, carrots,
  - 100 percent fruit juice, not 50 percent juice drinks,
  - baked potatoes and baked chicken, and
  - skim or one percent milk.
- Students have a choice of a salad bar or serving tables where they help themselves to healthier food items.
- Only students living close to school can leave for lunch.
- Cooking staff attend frequent training sessions.
- Menus are sent home with monthly health tips.
- Students and parents can join an advisory board.

- Food-service office analyzes menus for fat, sodium, and fiber content and makes the information readily available by posting it or printing it on take-home monthly menus.
- Students and teachers like to eat in the cafeteria.

### *CAFETERIA PITFALLS TO AVOID*

- Cafeteria always offers highly processed foods.
- There is little time provided to eat because of long lines or too-brief, 20-minute, lunch periods.
- Atmosphere is noisy and stuffy.
- Large tables seat twelve or more kids.
- "Free-lunch students" are stigmatized.
- Kitchen personnel receive little training.
- Kitchen staff know little about nutrition.
- Cafeteria serves new dishes before taste-testing them.
- Students buy soda pop, chips, and candy from snack stands or machines.
- Nobody wants to eat in the cafeteria.

### *GOOD CAFETERIA ADMINISTRATION*

- Staff is dedicated to healthy, tasty lunches for all students.
- Staff listens to suggestions from parents and students.
- Principal schedules reasonable lunch hours (between 11:40 a.m.-1:15 p.m.) with adequate time for eating.
- Staff coordinates classroom nutrition lessons with cafeteria meals.
- Director requires vendors to provide nutrition information per serving for calories, fat, sodium, fiber, and other nutrients.
- Staff urges healthy snacks for classroom parties.

### *Menu Evaluation*

To evaluate the healthfulness of your school meals, count the times per month each of the following items is served. The more servings of high-fiber, low-fat, and low-sodium foods, the better.

**High-fiber foods** – whole-wheat bread, beans, peas, fresh vegetables, and apples with skin.
**Low-fiber foods** – white bread, white rolls, biscuits, croissants, and iceberg lettuce. (Meat does not have fiber.)

**Low-fat foods** – poultry (without skin), tuna canned in water, low-fat yogurt, skim or 1% milk, and low-fat salad dressing.
**High-fat foods** – meats like ground beef, hot dogs, sausage, cold cuts (including most poultry cold cuts), and chicken nuggets; fried foods; croissants; whole milk; cheese; and mayonnaise.

**Low-sodium foods** – fresh poultry, low-salt cheeses, all "homemade foods," if salt is not added.
**High-sodium foods** – most hot dogs, bologna, highly processed entrees, and soups.

By evaluating each monthly menu and noting its score, you can track whether improvements are being made in your school-lunch program.

### *Snacks and Vending Machines*

Administrators and student clubs in many schools raise thousands of dollars by selling junk food on school grounds.

Children fill up on snacks then skip lunch. High-calorie snacks don't provide vitamins and minerals, unlike the lunch with fruit, vegetables, milk, and an entree. Further, the availability of junky snacks encourages bad eating habits.

The United States Department of Agriculture (USDA) banned the sale of some snacks in the cafeteria during lunch hours. The snacks – soda pop, gum, hard candies, and water ices – provide less than five percent of the Recommended Daily Allowance of eight nutrients. However, cookies, snack cakes, chips, fruit drinks, and other foods that are high in fat, salt, or sugar can be sold in cafeterias. Further, even the "banned" snacks can be sold across the hall from the cafeteria during lunch.

Many cities and states prohibit vending machines or extend the hours during which junk-food sales are banned. Many school principals, though, do not enforce those policies.

You can work to change this situation. Ask your local school food-service director for any evidence that snack sales are discouraging lunch sales. Invite local dentists to join you in opposing junky foods.

Then, ask the school board to hold a hearing on snack sales. Tell them that organizations such as the American Dental Association and the American Medical Association oppose snack sales. Be sure that nutritionists, physicians, dentists, and school food-service directors are prepared to testify against junky snacks. At the hearing, request that competitive foods not be sold during the school day. (See ***Policies Against Junk Food*** on page 24)

With ingenuity, schools can raise money by selling nutritious food in snack shacks and vending machines. Fairfax County, Virginia, supplemented its food-service income by selling nutritious foods in vending machines, gradually replacing chips with fruit juices, sandwiches, cereal, milk, bagels with cream cheese, yogurt, and fruit. Revenues from juices exceeded $3,000 a week. Cafeteria employees stocked the machines during slow times. Schools can also hold fun fairs, spaghetti dinners, breakfasts, and dances to raise money.

# Organizing a Campaign

Learn from the successful nutrition advocates. Talk to the school food-service director. Do not request major changes at first and don't overlook the students' food preferences. Some advocates created new organizations, while others acted alone and were quite successful. Use this handbook to devise a strategy that seems best for your community.

### *Build a Coalition*

Power lies in numbers. To have the greatest impact, organize a committee of parents and professionals in your community. Two to ten people will be enough to do most of the work. Sometimes, though, you will need thirty or more to attend public hearings or sign petitions.

Ask the PTA or another established organization to appoint you the head of their Nutrition Committee. Having established groups endorse your efforts will increase your chances for success.

When you call possible supporters, ask how they view the school-lunch issue. (Don't be surprised if they have never thought about school food.) Point out that organizations such as the National PTA, American Heart Association, and American School Food Service Association want improved school lunches. Ask if they will help to improve lunches and if they know others who may be interested. Pursue those leads.

To convince people of the seriousness of the issue, involve the local chapter of organizations listed on the following page. Ask your local American Cancer Society office to send you their materials for school-lunch providers, entitled "Changing the Course."

Parent Teacher Association (PTA)

American Heart Association

Health Professionals:
- Nutritionists
- Dietitians
- Family health physicians
- Dentists
- Pediatricians
- Cardiologists
- Local chapter of the medical or dental society

College departments of nutrition or education

Consumer activists

State school food-service director and state nutrition director

### *First Public Meeting*

Recruit a nutritionist or health professional who shares your concerns to address one of your first meetings. A health professional brings credibility to the meeting and can turn vague complaints into specific public health issues that can be addressed. The health professional can also provide factual answers to specific nutrition questions. Invite your local school food-service director to attend.

#### *Preparation*

- Send notices to the local PTA newsletter editor, and call interested people about the time/place of the meeting.
- Post meeting notices in high-traffic areas like supermarkets, laundromats, public libraries, and telephone poles near the school.

#### *At the meeting*

- Agree on a few underlying themes, like "healthy foods make healthy kids," or "schools shouldn't profit by selling junk food."

- Determine the early goals of the coalition, such as more fresh vegetables, a salad bar, or no soda vending machines in the schools.
- Agree on a plan of action and deadlines.
- Establish committees. Assign specific manageable tasks (see below) to each committee; match interests and skills with work.
- Pass around an attendance sheet with space for addresses and phone numbers.
- Create a phone tree with each member assigned to call three others.
- Assign someone to call and update those who didn't attend.
- Set a date, time, and place for the next meeting.

**Suggested tasks**

- Discover the most popular foods at the cafeteria. Later you can ask to have the lower-fat, lower-sodium versions served.
- Request a nutrition evaluation of lunches. Visit the cafeteria.
- Call the suggested resources provided in Appendix A.
- Publicize your efforts in the neighborhood.
- Visit the school food-service director, the local school board, and the school principal.
- Create a list of reporters (TV, radio, and newspaper) with phone and fax numbers and addresses.

### *Research and Early Negotiations*

Now you are ready to learn about the complexities of the school food-service system: budget limitations, school policies, and staff-training procedures. Get to the root of problems. Why are students not eating the food? Why are healthier

items rarely offered? Are the personnel poorly trained? Is the food overly processed?

You are also ready to meet with the school principal, the food-service director, or the assistant superintendent. Approach them with a cooperative attitude, presenting yourself as an ally. School employees may become defensive or hostile if they sense they are being set-up for criticism. They may rightly suspect that your ideas mean more work. Try to understand their position. You should convey a sense of being helpful and sympathetic while requesting improvements.

Ask what has been done to improve school lunches. Ask what **you** can do to help and what **they** will do.

Ask your local school food-service office how much your community and your state are contributing to school lunch. Find out which state legislative committee is responsible for school lunches. Ask the chair of the committee the process for increasing the state's assistance for school lunches. Later, you may want to ask the state legislature for increased funds. Ask your local school board if it is willing to request more funds for school lunches.

### *Set Realistic Goals*

*Second Public Meeting*

- Ask committees to report on their activities.
- Outline all the problems you've identified, and be specific.
- Agree on two or three major problems to tackle.
- Be realistic about changes; devise solutions.
- Consider the cost of proposals carefully; school food budgets are already badly stretched.

### *Negotiate for Change*

Use the following suggestions to turn your ideas or grievances into positive change. But don't forget the constraints of tight budgets and young finicky eaters.

Throughout the organizing process, note people who may be helpful. Since power and responsibility vary from school to school, no two schools will be alike. Obtaining a meeting with the top level administrators can be difficult; they're busy and you may be an outsider. Ask well-connected parents or PTA leaders if they will call the administrator to obtain an appointment for you.

With suggestions in hand, it's time to pressure the right people. Requests could include:

- Create a Parent Advisory Council and Youth Advisory Committee to taste test dishes and discuss nutritional improvements.
- Provide "heart healthy" low-fat foods twice a week.
- Adopt Citizens' Commission on School-Lunch Nutrition's recommendations (see page 21).
- Set nutritional standards for school lunches.
- Require vendors to provide nutritional analyses of their products.

### *Evaluate and Celebrate*

Determine whether your efforts are having impact. Ask students, parents, and food-service staff if changes have been made. Eat the school meals. Analyze the menus to see if they've improved.

If the results of your evaluation are disappointing, try to identify why and adjust your strategy. If you are pleased with the progress, use your success to create interest and enthusiasm among community leaders and parents. Rejuvenate your energy and tackle another problem.

With each victory, small or large, reward yourself. Have a party with healthy foods!

### *Media Tips For Organizers*

The mass media are the fastest, most efficient way to spread information to people. But keep in mind that the media do not have to cover your lunch activities. Plan.

Use the media carefully. A news story criticizing a school official can guarantee that the official never works with you again. You want the story to publicize the value of children eating school lunches and the nutritional possibilities of lunch. A story sniping at the taste of institutional cooking makes enemies and doesn't make lunches healthier. But if you encounter nothing but resistance from school officials, let reporters know.

### *Creating an Angle*

To attract press attention, you need an interesting angle, a reason why this is **news**. "Because people are concerned" is not enough. An event where reporters can take pictures or shoot film increases your chances. Nothing gets coverage like facts. Provide reporters with specific faults with school lunches (e.g., whole grains never served, students buy 1,000 milks but 2,000 colas weekly at school, fat content averages 43 percent of calories, school officials refuse to make any of five changes.)

Additional ways to attract attention include:

- Citizens presenting petitions at a public meeting,
- Parents spending Saturdays redecorating a cafeteria,
- A prominent cardiologist urging "heart healthy" lunches,
- A professional athlete talking to students about lunches.

Be sure to have a few major points. Develop one succinct sentence to go with each idea. Then repeat these ideas over and over. By using your already created sentences, you will always sound articulate.

Try to find a well-known, articulate spokesperson like a retired politician or athlete. Teach your spokesperson the three points and offer to answer the technical questions.

Look for an interested reporter by calling the editor of the food section, lifestyle section, and then the community news section of your newspaper. Tell them in a few clear sentences what you're doing and ask that they cover it. Ask for a guest appearance on local TV and radio talk shows. Don't let one "no" stop you. Be persistent.

### *Writing a News Release*

Follow up the call to the newspaper with a news release and fact sheet. Unless you have made a specific personal contact, send the release to the "city desk" of the paper or the "news desk" of a broadcasting station. Then call the media outlets to make sure your release arrived. Offer to mail or fax another copy. Tell the editor, in a few sentences, what you are doing and why it is important, mentioning your press release.

1) Use 8 ½" x 11" white paper with your organization's letterhead. Talk to your local quick-copy shop for ways to create letterhead cheaply. Double-space your release leaving wide margins. Keep the length to one or two pages. It's fine to print on the back. See sample on page 14.

2) Type the release date at the top left corner of the page.

3) At the top right-hand corner, provide the name and phone number of someone that reporters can contact for more information. Be sure the contact person will be near the phone all day.

4) Write a headline centered on the page. Use active verbs in the shorthand newspaper style – for example, "Civic Leaders Slam School Vending Machines."

5) The opening two paragraphs answer the five W's: who, what, when, where, and why. Put the most significant facts in the first paragraph. Write clever and concise quotes for key spokespersons. "Our kids deserve more than colas and Tater Tots. Let's bring the best in American foods – fresh vegetables, fresh fruits, and fresh breads to our school-lunch lines."

6) If your release runs over to a second page, at the bottom of page one type "- more -" or "- over -".

7) The final paragraph should describe your organization. At the end of the release, write ###.

8) Triple check for typos and misspellings.

*Sample News Release*

**Parents Against Fat**
2120 Main Street
Cityville, KS

NEWS RELEASE
For release:
Monday, January 14, 1991

contact: Sally Smith
(202) 555-1212

PARENTS AGAINST FAT
PICKET SCHOOL BOARD MEETING

Parents in Cityville, Kansas, picketed the school board meeting, asserting that the school board must encourage more nutritious and lower-fat school lunches.

Sally Smith, actress, mother, and spokesperson for the coalition Parents Against Fat, said "We have given up negotiating because the food-service director and the administration haven't taken us seriously. We want improvements now!"

Parents Against Fat has been advocating more nutritious food in the schools in Cityville since last year. They provided suggestions to the food-service director, volunteered to organize taste-testing low-fat foods for students, and raised money for the American Cancer Society to train the staff.

Parents Against Fat is a coalition founded in 1988 to improve the quality of the food served to children in Cityville.

###

# Understanding School-Food Programs

*History*

New York City volunteers ran the first U.S. school-lunch program in 1853. By 1932, the federal government began providing funds for schools to feed students.

In 1946, Congress created the National School Lunch Program (NSLP) to provide a low-cost lunch to every school child. The NSLP was designed to satisfy the nutritional needs of children and to provide an effective farm-support program.

In 1966, the Child Nutrition Act funded a pilot breakfast program and the first major funding for needy children's meals. The breakfast program, expanded to all schools in 1975, was created for low-income students and students commuting long distances. Breakfast is provided in fewer than half the schools offering lunch.

**MILLIONS OF MEALS**

In 1989, nearly 24 million children ate 4 billion federally subsidized lunches at 90,600 schools and residential child-care institutions. More than 3.6 million children ate nearly 643 million school breakfasts in 38,800 schools and residential child-care institutions.

For several reasons, fewer schools are serving lunch today than in 1980. First, school enrollment has declined. Also, local restaurants lure many students out of cafeterias. Finally, decreased federal funding has made it too expensive for some schools to meet the requirements of the federal program. Schools that drop out of the official program find they can make more money if their cafeterias sell soft drinks and other profitable, but non-nutritious, foods to paying students. Low-income kids are the losers.

Any child attending a school that participates in the NSLP can participate in the school-lunch program. Children who receive food stamps automatically qualify for free meals. Otherwise, the maximum income eligibility is 130 percent of the poverty line to receive free meals and between 130-185 percent of the poverty line for reduced-price meals.

School lunch prices vary. In 1989, the typical school-lunch price was $1.25 for elementary and $1.50 for high school students. School breakfasts cost $0.60 apiece. Reduced-price lunch costs $0.40, and reduced-price breakfast costs $0.30.

### *Program Administration*

The federal Food and Nutrition Service (FNS) of the U.S. Department of Agriculture assists state agencies by providing technical, administrative, and financial support; writing regulations; and disbursing cash and agricultural commodities. State departments of education or one of the seven FNS regional offices administer school lunch and breakfast programs. The local school food-service director, supervised by the local board of education and assisted by the state, runs the program. School cafeteria workers carry out the day-to-day operations.

Federal assistance comes in three forms: cash reimbursements for meals and farm surplus commodities. Commodities include foods such as beef, pork, turkey, eggs, dried beans, peas, lentils, applesauce, cheese, powdered milk, butter, pasta, rice, and enriched flours. The 1985 Farm Bill cut $300 million yearly from the commodity assistance program.

Schools have lost a significant amount of direct federal dollars. In 1946, the federal government supported school lunch at 9 cents per lunch. Considering inflation, a comparable 1990 amount would be 57 cents. However, in 1990, schools received in cash and commodities between 28 to 33 cents per paying student's lunch. Adjusted for inflation, that's just 58 percent of the original funding! Support for free and reduced lunches has increased at a higher rate, with schools receiving $1.67 for free and $1.27 for reduced-price lunches.

### *USDA Regulations*

The National School Lunch Act mandates that schools provide "nutritious and well-balanced lunches" that meet approximately one-third of the Recommended Dietary Allowance (RDA) for children of each age/grade group. The mandated pattern sets a minimum for portion sizes. Lunch includes 5 items: a meat or meat alternate, a vegetable, a fruit, a bread or bread alternate, and milk.

| | Grades K-3 (minimum) | Grades 4-12 (minimum) | Grades 7-12 (recommended) |
|---|---|---|---|
| **Meat or Meat Alternate:** (edible portion as served) Lean meat, poultry, fish, or cheese | 1½ oz. | 2 oz. | 3 oz. |
| Large egg(s) | ¾ | 1 | 1½ |
| Cooked or dry beans or peas | 3/8 cup | ½ cup | ¾ cup |
| Peanut butter or other nut or seed butters | 3 Tbsp. | 4 Tbsp. | 6 Tbsp. |
| Peanuts, soy nuts, tree nuts, or seeds (counts as half serving) | ¾ oz. | 1 oz. | 1½ oz. |
| **Vegetable or Fruit:** (2 or more servings of vegetables or fruits or both to total) | ½ cup | ¾ cup | ¾ cup |
| **Bread or Bread Alternate:** (must be enriched or whole-grain) | 8 per week 1 per day | 8 per week 1 per day | 10 per week 1 per day |
| **Milk:** (must offer fluid whole milk and unflavored lowfat milk) | ½ pint (8 fl. oz.) | ½ pint (8 fl. oz.) | ½ pint (8 fl. oz.) |

Under federal regulations, senior schools must, and middle and elementary schools may, provide an "offer vs. serve" system. Under this system, students need only choose 3 of the 5 food items for the school to receive full reimbursement for that lunch. This system, designed to reduce food waste, can result in students eating unbalanced lunches by skipping fruits and vegetables every day.

Schools may substitute foods to accommodate students with special medical, dietary, ethnic, or religious needs.

### *Food Requirements for School Breakfast*

School-breakfast programs can also be an important source of calories. With fewer students eating breakfast at home, school-breakfast programs become increasingly essential for children's development.

Some school boards are opposed to the extra work of managing breakfast programs, obliging parents to mobilize a concerted effort to bring breakfast to their schools. If you're considering such an effort, consult the resources in Appendix B. The following are the federal breakfast program requirements:

- MILK – 1 cup (8 oz.),
- FRUIT/VEGETABLE – ½ cup fruit or vegetable or ½ cup 100 percent fruit or vegetable juice, and
- BREAD – 2 servings of bread, or 1 bread and 1 oz. meat or alternative, or 2 servings of meat.

USDA urges schools to provide protein-rich foods as often as possible, such as 1 egg; 1 oz. of meat, poultry, fish, or cheese; or 2 tablespoons of peanut butter.

### *Types of Food-Service Systems*

Food-service operations vary according to where and how the food is prepared, and the method of transport to the school. The facilities, the availability of inexpensive labor, and the biases of the school administration determine the type of food-

service system: 1) conventional on-site, 2) satellite (bulk, pre-plated, or cook-chill), or 3) food-service management company.

- **On-site**, the most common type, requires at least 150 students to be economically feasible. Food is cooked and prepared from raw ingredients and served at the school. To cut labor costs while maintaining control over preparation, many schools buy already chopped raw vegetables, ready-to-serve tomato sauce, or frozen breads.

- **Satellite** meals are cooked in a central kitchen and delivered to schools with either limited or no kitchen facilities.

  – In ***bulk*** preparation, food is either cooked or ready-to-cook and is transported hot, cold, or frozen. If cold, the bulk food may be prepared and shipped a few days or several hours in advance. However, the hot foods must be delivered daily.

  – ***Cook-chill*** requires costly specialized equipment in centralized kitchens. The food is prepared, pumped into plastic bags, chilled, and shipped to schools for refrigeration. Schools reheat only the amounts needed. This method allows food to be cooked and stored for 45 days before serving. The result is that the spaghetti sauce which will be served twice that month can be prepared by the central kitchen in one enormous batch. This system gives the food-service director tight control over quality of food and cooking methods. Cook-chill requires a few highly trained cooks and minimally trained staff to heat and serve at the schools.

  – The ***pre-plated*** ("TV dinner") system consists of hot or cold individual pre-portioned packs ready to serve. The cold portions are delivered in advance. The hot portions arrive either hot or frozen, ready for heating.

On-site, because of high labor costs, is becoming less popular. Also to save money when building new schools, schools can be built with "finishing" kitchens which cost $50,000 less per school rather than fully equipped preparation kitchens. Communities may then choose a satellite system or a management company.

The cook-chill system, despite high start-up costs, is favored where well-trained food-service directors have steep labor costs or high turnover in kitchen staff. In a large community which can not afford on-site cooking, this may be the best method for nutritious, tasty meals.

Pre-plated can be run with no kitchen staff, but the meals are unpopular with students. French fries aren't crispy, and few food items maintain their flavor and texture. Considerable amounts of food are thrown away by students, i.e. plate waste is high. Further, while saving on clean-up costs, school systems pay for the utensils and packaging thrown away daily.

Only rarely do communities shift away then return to on-site cooking. Management companies may present a very rosy picture to the school board of a highly efficient food-delivery program contrasting it to the high labor costs of cooking in every school. Insist that a few schools test the new method before the school kitchens are dismantled and the system is overhauled.

- **Food-Service Vendors** sell everything from fresh produce to canned goods to "TV dinner"-like meals. Unlike food-service management companies, vendors are not responsible for the total operation of the lunch program. They only prepare and deliver food.

  A vendor's meals should be pre-tested for taste and nutritional quality. Schools using their on-site or satellite systems can supplement their offerings by ordering only the hot or cold portions from a vendor.

- **Commercial management** companies began offering school-food services in 1959. Following the passage of 1969 legislation, these companies qualified for federal cash reimbursements and USDA-donated food. They service about 8-10 percent of schools.

  If a management company is providing meals, get a copy of the contract and read it. If a management company is under consideration, be sure the contract addresses the following:

- If food waste is high, the company must rectify the situation.

- The company will provide a large variety of foods prepared on site, especially fresh vegetables, fruits, and whole grains.

- If the company does not meet the contract, the school can cancel immediately without penalties.

- Who is responsible for adequate portion sizes, food arriving late or badly damaged, equipment purchase and repair, and rising costs.

## Citizens' Commission on School-Lunch Nutrition Summary of Recommendations

The Commission urged schools to implement the following measures to the greatest extent possible within the next two to four years:

- Lunches should be limited to an average of 35 percent of calories from fat, no more than one-third coming from saturated fat. The fat level should later be reduced to 30 percent of calories as soon as possible.

- Fresh fruits, fresh vegetables, and legumes should be served much more frequently to increase consumption of fiber and vitamins.

- Sodium should be kept to an average of 1,000 milligrams per lunch. Sodium should later be lowered to 800 milligrams.

- Relatively non-nutritious foods that compete with school lunch, such as soft drinks, candy, and chips, should not be sold at school during school hours.

- Schools should reduce the levels of cholesterol, sugar, and certain food additives (e.g., MSG, nitrite, food dyes) in school lunches.

The Commission urged Congress and the USDA to take the following steps to improve the nutritional quality of the school lunch and make it more affordable, as well as to promote nutrition education:

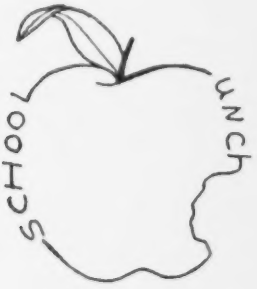
- Congress should mandate that schools only offer milk with 2 percent or less fat; later, the fat level should be lowered to 1 percent.

- USDA should set nutritional standards for school lunches, government-supplied commodities, and foods marketed by vendors.

- USDA should require vendors to provide schools with nutrition information.

- Congress should greatly increase per-student funding for school lunches.

- Congress should increase annual funding for the Nutrition Education and Training (NET) program beyond the current $7.5 million.



# Convincing the Community About Nutrition

One of your tasks is to persuade others in your community to be concerned about youngsters' diets, particularly in the context of school meals. However, few adults have thought about children's eating habits and what it means for children's health.

### *Link Between Diet and Health*

For schools to provide more nutritious lunches, they need to serve fewer calories from fats and more calories from complex carbohydrates (potatoes, whole-grain bread, etc.). A child's greasy diet can be the first step towards heart disease.

Mounting evidence indicates that heart disease, America's number-one killer, has its beginnings in childhood. For example:

- A quarter of American children have cholesterol levels above 170 milligrams per deciliter, a level undesirable for children.
- Many children who have high cholesterol levels, a key indicator of heart-disease risk, are likely to maintain high levels as adults.
- Children with high cholesterol levels are more likely to develop lesions in their arteries than children with low cholesterol levels. Those lesions signal an early stage of heart disease and have been found in males as young as eighteen.

Numerous studies of populations, individuals, and animals show that high blood cholesterol levels are a major cause of

heart disease. Diets high in saturated fat and cholesterol raise blood cholesterol levels. This is why many health organizations recommend that healthful diets contain no more than 30 percent of total calories from fat and no more than 10 percent from saturated fat. (Saturated fat and cholesterol are found in butter, ground beef, bologna, ice cream, etc.)

School foods, especially processed items, often provide too much sodium. Countries with high sodium consumption tend to have higher rates of hypertension. Since sodium-sensitive individuals cannot be identified prior to the onset of hypertension, a committee of the National Academy of Sciences has urged all people to consume no more than 1,800 to 2,400 milligrams of sodium a day.

The California Daily Food Guide recommends people to increase the number of servings of foods high in complex carbohydrate – fruits, vegetables, grains, and legumes. It advises 6-11 servings of breads, cereals, and grains a day; 5-9 servings of fruits and vegetables; 2-3 servings of low-fat milk products; 2 small servings of lower-fat protein foods which includes 3 or more servings of beans a week.

### *Policies Against Junk Food*

Below are organizations' statements on the importance of a nutritious lunch. You can use these policy statements condemning the sale of junky snacks in schools when you are preparing testimony for school board hearings, when writing letters to education officials, or when talking to reporters. Many people only respond to experts' ideas. Use these experts to help you.

**American Dental Association**
"Sale of Sugar-Rich Products in Schools"

"Resolved, that the Association reaffirm its long-standing policy that dental societies should call to the attention of school administrators and local government officials the need to protect both dental and general health by eliminating from the schools the sale of sweetened beverages and sugar-rich products in competition with nutritional foods provided in school food programs."

**American Medical Association** (Council on Food and Nutrition)
"Confections and Soft Drinks in Schools"

"One of the functions of a school-lunch program is to provide training in sound food habits. The sale of foods, confections, and beverages in lunchrooms, recreation rooms, and other school facilities influences directly the food habits of the students. Every effort should be expended to encourage students to adopt and enjoy good food habits. The availability of confections and soft drinks on school premises may tempt children to spend lunch money for them and lead to poor food habits. Their high energy value and continual availability are likely to affect children's appetites for regular meals. Expenditures for soft drinks and most confections yield a nutritional return greatly inferior to that from milk, fruit, and other foods included in the basic food groups. When given a choice between candy and fruit, a child may choose the less nutritious. In view of these considerations, the Council on Food and Nutrition is particularly opposed to the sale and distribution of confections and soft drinks in school lunchrooms."

**American School Food Service Association** (excerpt)
"Nutrition Policy for Food Available at School"

"The American School Food Service Association believes that foods available to students during the school day should, as a minimum, reflect the Dietary Guidelines for Americans and regulations of the U.S. Department of Agriculture. This belief is based upon the demonstrated relationship between food, nutrition, and wellness and the nation's goals for excellence in education for all children. . .

"In direct conflict with this mission is the sale of food of minimal nutritional value on school campuses for a profit by groups other than school food services in competition with the non-profit nutritionally sound school meal programs. The sale of these foods of minimal nutritional value sends a message to students that it is acceptable to compromise health for monetary gain. This also reduces the ability of the school meal programs to maintain nutritional services to students at affordable prices."

**City School District of the City of New York**
Regulation of the Chancellor

"The sale of non-nutritious foods, either directly or through vending machines, is prohibited. The State may withhold reimbursement for lunches served in schools which violate this policy."

**California State Department of Education**
"Nutritive Quality of Foods Available to Students in California Public Schools"

"The California State Board of Education believes (1) that food available on school premises should provide for the nutritional well-being of children; (2) that food available be considered as carefully as, and consistent with, other educational support materials; and (3) that food be prepared in ways that ensure optimal student acceptance while retaining nutritive quality. The Board further believes that some guidance and limitations on food choices in the school environment are needed to foster a lifetime of healthful eating habits."

If you want more information on diet and health, request a publications list from the American Heart Association and check the Resources in Appendix B.

# Finding Solutions to Poor School Nutrition

### *Kids Can Like Healthy Foods*

- Hold tasting parties where students can try small bites of new foods like lower-fat entrees, vegetables, and fruits.
- Use special holidays to offer new, more nutritious items.
- Encourage nutrition education related directly to cafeteria offerings.
- Involve coaches in promoting low-fat, complex carbohydrates.
- Invite cardiologists and cardiology nurses to lecture classes on saturated fat and clogged arteries.
- Ask students for their favorite healthy snack recipes, then compile them into a booklet.
- Serve pizza, popcorn, or fruit rather than cake, ice cream, and soda pop at school parties.

### *Modifying Menus*

**FAT AND CHOLESTEROL**

INSTEAD of fatty cuts of beef, pork, lamb, or sausage. . .
TRY poultry, beef (Select grade), lamb, or pork with fat trimmed.

INSTEAD of serving poultry with skin. . .
TRY removing skin and excess fat. Keep chicken moist and do not overcook.

INSTEAD of whole milk or cream. . .
TRY using low-fat milk or skim milk. To add richness and thicken soups, add ¼ cup powdered skim milk per cup of milk, or use buttermilk which is made from skim milk.

INSTEAD of using stock or broth just after cooking. . .
TRY making it ahead of time, chilling, and skimming off hardened fat.

INSTEAD of mayonnaise, sour cream, or cream cheese. . .
TRY part or all plain low-fat yogurt, part-skim ricotta cheese, reduced-calorie mayonnaise, blended tofu, or low-fat cottage cheese. Baked potatoes are delicious topped with yogurt, dill, and sliced green onions or chives.

## SODIUM

INSTEAD OF salt in cooked foods and salad dressings. . .
TRY using more herbs and other salt-free seasonings, such as garlic and onion powder, salt-free herb blends, and reduced-sodium soy sauce.

INSTEAD OF using processed soups and sauces. . .
TRY making your own broth, or use salt-free powdered bouillon or broth.

INSTEAD OF highly salted canned meats, fish and, vegetables. . .
TRY decreasing salt by draining and rinsing canned foods such as tuna and salmon. Use low or reduced-sodium products, such as canned tomatoes and vegetable juices. Remember that fresh or frozen meats and vegetables usually contain less sodium than canned.

## FIBER

INSTEAD of white rice and regular pasta. . .
TRY brown rice and bulgur for added fiber.

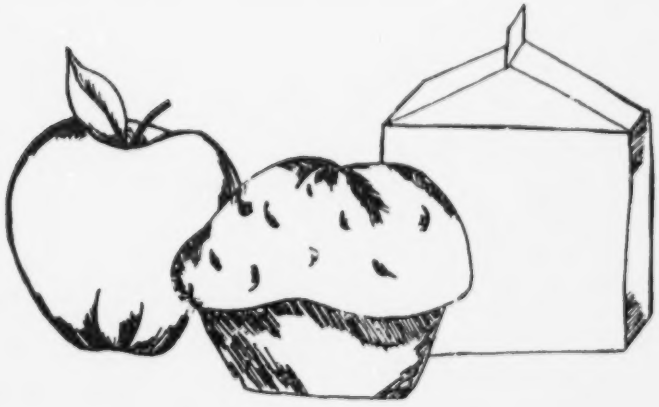
INSTEAD of white flour. . .
TRY part whole-wheat flour; add granola, bran, rolled oats, and cornmeal to quick breads.

INSTEAD of white bread. . .
TRY serving whole-wheat or multi-grain breads. Use one whole-grain slice and one white bread slice in sandwiches. Check labels. Look for words such as "100 percent whole-wheat," or "no refined grains used." If the ingredients list contains "wheat flour" or "enriched wheat flour," it's not whole grain.

## SUGAR

INSTEAD of serving cakes. . .
TRY serving quick breads and muffins sweetened with fruit and spices. Serve smaller portions. Better yet, have fresh fruit!

INSTEAD of using as much sugar as recipes specify. . .
TRY reducing the amount of sugar by one-fourth or more.



# Serving Better Lunches Around the Country

On the following pages are the success stories from around the country. Because many improvements in school-lunch programs increase costs, we have included the number of free and reduced-price meals for specific school districts so you can gauge the affluence of the community. A wealthy town can subsidize the lunch program, and its schools can sell *à la carte* items at high prices for extra profit. School systems in poorer areas often have to make do without additional income.

### *California*

In 1989, California passed legislation calling for the school lunch program to reflect the California Daily Food Guide. To discover the most cost-effective ways to improve lunches, the state funded "Shaping Healthy Choices," a three-year program with nine northern school districts and ten southern districts. The campaign encourages schools to share successes in adapting recipes, training the staff, and promoting nutrition with the students.

Contact: Roberta Peck
Child Nutrition and Food Distribution Division
California State Department of Education
721 Capitol Mall
Sacramento, California 95814
(916) 323-2473

### *Arkansas*

The state holds training workshops for school food-service supervisors and employees. Employees learn to identify foods high in fat, sugar, and salt. Employees are encouraged to

suggest menu changes and ways to encourage healthier eating. Dorothy Caldwell, state director of child nutrition programs, said that if employees are not taught about nutrition they "can undo everything you try to promote." She urged making changes slowly; otherwise, you risk losing the children as customers. The children may then turn to even less nutritious foods. She describes it as a "balancing act." She suggested marketing good foods by highlighting them on the serving line.

Contact: Dorothy Caldwell
State Director of Child Nutrition Programs
Arkansas Department of Education
2020 West Third, Suite 404
Little Rock, Arkansas 72204
(501) 324-9500

### *Portland, Oregon*

Schools in district: 100
Meals served daily: 25,000
Free/reduced price: 62%
Food preparation method: Cook-chill

With eight nutritionists, including two nutrition educators, Portland schools began a 5-year plan to lower fat and increase carbohydrates. By its fifth year, the average meal contained 32 percent of calories from fat.

Nutrition education in the classrooms reinforces the cafeteria changes. The in-class instruction provides invaluable marketing for school lunches, returning the $100,000 per year investment in nutrition education. Portland nutritionists have developed two sets of curriculum, "F.U.N." for grades K-3 and "Training Table," a low-fat, high-carbohydrate program for high schools.

Contact: Bob Honson
Director of Nutrition Services
Portland Public Schools
Post Office Box 3107
Portland, Oregon 97208-3107
(503) 249-2000, ext. 393

*Miami, Florida*

Schools in district: 265
Meals served daily: 191,000 lunches; 44,000 breakfasts
Free/reduced price: 65%
Food preparation method: 75-80% on-site, rest satellite, with hot foods cooked in central kitchens and sent to satellite kitchens where cold foods are prepared.

Ed Benson, citizen activist, helped create a Dade County school nutrition task force consisting of parents, teachers, university professors, and hospital dietitians. They publish a newsletter covering basic nutrition, disease prevention, health promotion, healthy foods, and recipes for elementary schools.

The task force, the school food-service director, and the cafeteria managers initiated for school year 1990-91 a one-year pilot project in some elementary schools providing extra classes in nutrition, nutritious meals, and exercise. Students will only have healthy foods from which to choose. Children will take home recipes, and parents will join their children in school breakfasts occasionally.

Specific menu changes include:

- Oat bran waffles
- Charbroiled low-fat beef patties on bran buns
- Salad with fresh spinach
- "Turkaroni" rather than "Beefaroni"
- Tacos with kidney beans on corn tortillas
- Non-breaded, skinless, BBQ chicken nuggets

Contacts: Jack F. Hastings
Director of Food and Nutrition
Dade County Public Schools
7042 West Flagler Street
Miami, Florida 33144
(305) 262-8530

Edmund F. Benson
Chair, Nutrition Task Force of
Dade County School Board
Arise Foundation
3533 Estepona Avenue
Miami, Florida 33178-2384
(305) 592-2767

### *Springdale, Arkansas*

Schools in district: 11
Meals served daily: 4,400 lunches, 600 breakfasts
Free/reduced price: 26%
Food preparation method: On-site

The schools provide "food bars" with foods such as salad, pasta, potatoes, tacos, Italian dishes, breakfast items, fruits, and picnic foods. Students choose the traditional lunch line or the food bar in the morning, with almost half choosing the bar. Picking food from the bar gives children a sense of autonomy. Serving fresh fruits and vegetables on the bars encourages children to eat these foods. Start-up costs of food bars are high because special equipment is needed to maintain food temperatures and one employee must staff the bar. However, leftovers can be served at the bar.

All food is prepared from scratch. Frozen or prepared foods are not served. This allows the kitchen to control the use of fat, salt, sugar, and additives.

Fran Shiffler, an activist parent, convinced the PTA to set up a cafeteria taste-testing table, to hold a healthy-recipe contest with cash prize for the cafeteria staff, and to give the cafeteria staff and the teachers' lounge subscriptions to Center for Science in the Public Interest's *Nutrition Action Healthletter.*

Contact: Marilyn Huffman
Food-Service Director
Springdale School District, Box 8
Springdale, Arkansas 72764
(501) 750-8807

### *Denver, Colorado*

Schools in district: 118
Meals served daily: 25,000 lunches
Free/reduced meals: 67%
Food preparation method: Satellite

Denver Public Schools received a USDA grant to improve meals. The district is slowly reducing fat and sodium and

hoping to increase the fiber. After consulting with their Advisory Council, the food-service staff advised schools to:

- not add butter, margarine, or soup bases to vegetables
- change bread-recipe fat to vegetable oil
- reduce or eliminate salt in recipes
- substitute non-fat yogurt for half the mayonnaise in ranch dressing
- use all mozzarella cheese on pizza
- use pan liners instead of grease for baking

Contact: Connie S. Hereford
Assistant Director
Department of Food and Nutrition Services
Denver Public Schools
900 Grant Street
Denver, Colorado 80203
(303) 778-6147

### *Albuquerque, New Mexico*

Schools in district: 113 (plus 6 private schools)
Meals served daily: 40,000 lunches; 8,000 breakfasts
Free/reduced price: 60%
Food preparation method: 46 schools on-site; rest are satellite, chilled-bulk

The School Nutrition Action Program (SNAP) began in 1982 at Albuquerque's Longfellow Elementary when parents petitioned to change the lunches. A committee of parents, the school physician, and an administrator discussed changes and created SNAP. Now a USDA-model program, SNAP has been adopted by 41 schools in Albuquerque and by schools in Texas, Oklahoma, Louisiana, Arkansas, and Maine.

The program has three components: menu modification, parent-student involvement, and a nutrition-information network. The program promotes nutrition education in elementary schools. SNAP provides activities for cafeteria managers and parent committees and handouts for parents. Menus were evaluated for fiber, complex carbohydrates, salt, sugar, fat, and fresh foods. Whole-wheat flour is used in all baked goods, and fresh fruits and vegetables are served often.

Nutrition education activities for elementary grades integrate science, math, language, art, and music. School nutrition coordinators conduct in-service workshops for cafeteria employees and managers. Food-service director Elaine Keaton teaches nutrition education to students and publishes a newsletter for teachers with nutrition education lessons.

Plate-waste analyses showed that children in SNAP schools were eating better than their "non-SNAP" counterparts.

Contact: Elaine Keaton
Food-Service Director
Albuquerque Public Schools
Post Office Box 25704
Albuquerque, New Mexico 87125
(505) 345-5661

### *Eugene, Oregon*

Schools in district: 38
Meals served daily: 10,000
Free/reduced price: 30-35%
Food preparation method: Primarily on-site

Brown rice, whole-wheat flour, fresh vegetables, and fruits are served successfully. One summer the parents grew vegetables. Vegetarian entrees are offered daily, and turkey has replaced red meat. Schools eliminated Jell-O and whipped cream. Fatty-food favorites, like french fries and potato nuggets, are only offered two to three times per month. An active PTA, nutrition committees, and an open-minded food-service director made the changes possible.

Parents didn't always agree. Some wanted to reduce the sugar, suggesting cake with no icing. Others argued that the kids wouldn't eat un-iced cake. Their compromise was a thin glaze. In 1989 the food-service system was decentralized, making individual schools accountable for their profits and allowing schools to develop and implement their own plans. After surveying the students, parents, and teachers, the food-service director incorporated the findings into the lunch program, increasing participation.

Contact: Hope Thomsen
Food-Service Director
Eugene Public Schools
200 North Monroe Street
Eugene, Oregon 97405
(503) 687-3251

### *Huntington, New York*

Schools in district: 11
Meals served daily: 2,600
Free/reduced price: 17%
Food preparation method: On-site

Wednesdays and Fridays in Huntington are considered "Heart Healthy Days," and the entire menu is lower-fat foods. Turkey-meat sauce over tacos or spaghetti, turkey burgers, cake or banana bread made with egg whites and soy bean oil, and low-fat mozzarella cheese pizza are served.

Huntington's nutrition committee of parents, nurses, teachers, administrators, and food-service director meet every two months. They evaluate school menus, suggesting nutritious snacks, and keep a list of helpful people.

Committee members are upgrading vending-machine snacks gradually by providing string cheese, trail mix with carob, popcorn with canola oil, and whole-wheat peanut-butter cookies.

Contact: Lois Chait
Director, Nutrition and Food-Services
Huntington and Harborfields School District
Post Office Box 1500
Huntington, New York 11743
(516) 673-2107

### *Mankato, Minnesota*

Schools in district: 11
Meals served daily: 3,700 lunches; 350 breakfasts
Free/reduced price: 30% lunch; 85% breakfast
Food preparation method: On-site

This school district participated in the National Institutes of Health's "Heart Healthy Program" that began in 1981 and was designed to reduce heart disease in the community. Children received dietary advice, and school meals were improved.

Although the project ended in 1989, the school district continues serving meals with fewer than 30 percent of calories from fat. Deep-fried foods, potato chips, coconut products, garlic salt, and onion salt were dropped. Baked goods have 20 percent less sugar; recipes use 50 percent less salt; salad dressing oil was reduced by 30 percent; breads and buns are made with whole-wheat flour; ice milk replaced ice cream; frozen vegetables replaced canned vegetables; cured meats, sausage, and eggs are served no more than once a week; and fresh fruits and vegetables are served as often as possible.

Contact: School Food-Service Director
Mankato School District
1000 North Broad
Mankato, Minnesota 56001
(507) 388-7442

### *Fairfax County, Virginia*

Schools in district: 169
Meals served daily: 60,000
Free/reduced price: 9%
Food preparation method: Satellite

To cut costs, Fairfax County reduced the number of central kitchens from 23 to 7. This change saved money while increasing the quality control. Schools receive food from the seven central kitchens and then complete the cooking.
Working with a student-parent advisory committee, food-service director Dorothy Pannell has lowered the fat and increased the servings of fresh fruit and vegetables. Sliced raw vegetables with dip, though time consuming for the cooks, are popular with the students.

Contact: Ms. Dorothy Pannell
Food-Service Director
Fairfax County Public Schools
6800 B Industrial Road
Springfield, Virginia 22151
(703) 658-3615

## APPENDIX A

# National Organizations Addressing School Lunch

Center for Science in the Public Interest
1875 Connecticut Avenue, N.W.
Suite 300
Washington, D.C. 20009-5728
(202) 332-9110

Food Research and Action Center
1875 Connecticut Avenue, N.W.
Suite 540
Washington, D.C. 20009
(202) 986-2200

American School Food Service Association
1600 Duke Street, 7th Floor
Alexandria, Virginia 22314
(703) 739-3900
(800) 877-8822

American Cancer Society
1599 Clifton Road, N.E.
Atlanta, Georgia 30329
(404) 320-3333

American Heart Association
7320 Greenville Avenue
Dallas, Texas 75231
(214) 373-6300

United States Department of Agriculture (USDA)
Food and Nutrition Services
3101 Park Center Drive
Alexandria, Virginia 22302
(703) 756-3276

USDA
Human Nutrition Information Service
Federal Building, Rooms 360 and 364
6505 Belcrest Road
Hyattsville, Maryland 20782
(301) 436-8617

**Regional Offices of USDA Food Nutrition Services:**

Mid-Atlantic Regional Office
Corporate Park
Trenton, New Jersey 08650
(609) 259-5025

Northeast Regional Office
10 Causeway Street
Boston, Massachusetts 02222
(617) 565-6370

Southeast Regional Office
1100 Spring Street, N.W.
Atlanta, Georgia 30367
(404) 347-4131

Western Regional Office
550 Kearney Street, Room 400
San Francisco, California 94108
(415) 465-2229

Southwestern Regional Office
1100 Commerce Street, Room 5-C-30
Dallas, Texas 75242
(214) 767-0222

Midwest Regional Office
50 East Washington Street
Chicago, Illinois 60602
(312) 353-6664

Mountain Plains Regional Office
1244 Speer Boulevard
Suite 903
Denver, Colorado 80204
(303) 564-0355

## APPENDIX B

# Resources

***Food-Service Resources:***

***Changing the Course, A Manual for School Foodservice Providers,*** (1990). Extremely helpful materials for healthier school lunches and training for school food-service staff. Call local office of American Cancer Society to request a copy. Free!

From Food Research and Action Center (address on page 38):

***Doing More With Less: Innovative Ideas for Reducing Costs in the School Nutrition Programs***, (1982). Practical advice on saving money through collective buying, creative menu planning, and more. $10.

***Fuel for Excellence*: FRAC's Guide to School Breakfast Expansion**, (1987) A how-to-guide with sample application forms and other needed materials. $8.

***The Relationship Between Nutrition and Learning***, (1989). Includes basic information plus steps for school employees and others to ensure that children benefit from nutrition programs. $7.

From CSPI (see order form on back page):

***White Paper on School-Lunch Nutrition*** by Citizens' Commission on School-Lunch Nutrition offers recommendations to local and national authorities for improving lunches. $5.

***Healthwise Quantity Cookbook*** by Stephanie Turner and Vivienne Aronowitz (1990). Low-fat recipes for 50 servings. $29.95.

***Training Table***, by Kristine Obbink and Ruth Carey. A complete sports nutrition program for high schools. Includes slide show, posters, recipes for the cafeteria, and promotional materials. Available from Nutrition Services, Portland Public Schools, 501 N. Dixon Street, Portland, OR 97227. (503) 249-2000. $195.00.



BEST COPY AVAILABLE

***School Foodservice Management***, by Dorothy VanEgmond Pannell (1990). Book on managing a successful school food-service program. Van Nostrand Reinhold, 115 Fifth Avenue, New York, NY 10003. $36.95.

***School Food-Service Institute***, a summer training program for food-service staff. Contact: Frederick J. DeMicco, Ph.D., R.D. 10 C. Henderson Building, Pennsylvania State University, University Park, PA 16802. (814) 863-4847.

***Stalker Institute*** trains school food-service personnel and is a joint venture between Framingham State College and the Massachusetts Department of Education. Write Patricia Luoto, Dept. of Home Economics, Framingham State College, Framingham, MA 01701.

"Tips For Preparing Foods With Less Fat" and other materials from ***Eating Healthy at Home and at School*** campaign sponsored by the American Federation of Teachers, 555 New Jersey Avenue, N.W., Washington, D.C. 20001. (202) 879-4400.

***Menu Planning Guide for School Food-Service***, and other valuable resources. Available from your state department of education. $4.00. Extensive publications list available from USDA, Food and Nutrition Service; see above for address.

*Classroom Resources:*

From CSPI (see order form on back page):
***Creative Food Experiences for Children***, (1980) by Mary T. Goodwin and Gerry Pollen. Provides activities, recipes, and games to involve 3- to 10-year-old children in food preparation and nutrition. 256 pages. $7.95.

***Eat, Think and Be Healthy*** (1987) by Paula Klevan Zeller and Michael F. Jacobson. Workbook for 8- to 12-year-olds. Contains 56 concrete group learning activities that teach the basics of good nutrition through experience. 152 pages. $8.95.

***Changing the Course*** from American Cancer Society (ACS). Excellent curriculum for intermediate and secondary schools. Includes lesson plans, overhead transparencies, work sheets, and slides. Free! Order from local chapter.

***National Agricultural Library*** compiles nutrition education bibliographies for educators and consumers. One copy can be requested free from Food and Nutrition Information Center, Room 304, National Ag. Library, Beltsville, MD 20705. Specify if you want the elementary version or junior-and-senior-high school version; and indicate whether you want materials for home or school use. To call, dial (301) 344-3719; then for the electronic answering system, dial 1-2-1-3.

***Fundamental Understanding of Nutrition (F.U.N.) Program*** designed for children grades K-3rd. Eight lesson plans, posters, and scripts for puppet shows, centered around the four food groups, the "extra" food group, exercise, and making choices. Includes component for the cafeteria which serves as a "learning laboratory." Nutrition Services, Portland Public Schools (address above). $250.00.

***Know Your Body*** is a comprehensive, widely used, health promotion curriculum with medical screening for grades K-7 with a very good nutrition component. Call American Health Foundation, 212-953-1900, for sample materials.

***Nutrition and Your Health; American Dietary Guidelines for Children***. Nutrition guide with lesson plans designed for middle school. Order from Katherine Straub, Pennsylvania Department of Education, (717) 787-3186.

*Audio-Visual Materials:*

Churchill Films, 12210 Nebraska Ave, Los Angeles, California 90025. 1-800-334-7830, FAX (213) 207-1330 offers:

***Fast Food: What's In It For You,*** story about teenagers' bad eating habits and how to correct them; live action with rap music and computer graphics. Co-produced by CSPI. Ages 9-16. $295 video, $395 16mm.

***The Low Fat Film***, exploration of the ways excess dietary fat creates serious health problems – and what can be done about it. Co-produced by CSPI. Ages 14-adult. $360 video, $480 16mm.

***Supergoop***, animated and live action video about marketing sugary cereals. Ages 7-14. $195 video, $250 16 mm.

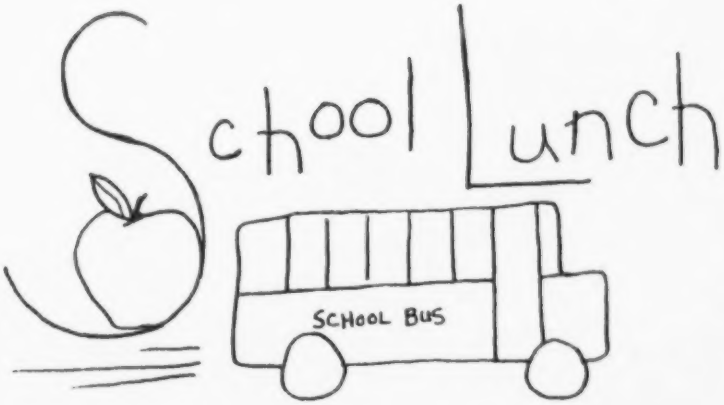
For an extensive listing, contact: Cornell University – Audio Visual Resource Center: (607) 255-8571 FAX (607) 255-9946.

*Computer Software:*

From CSPI (see order form on back page):

***Nutrition Wizard***, Dietary software for IBM-compatible computers that analyzes the nutrients in meals. Using data on more than 1,800 foods, the software calculates the amounts of fat, sodium, cholesterol, and many other nutrients in foods, meals, or daily diets. $99.95.

***DINE***, Dietary software for Apple II Computers. $185.95.



## ORDER FORM – CSPI PUBLICATIONS

Posters: $4.95 each or $9.95 laminated.

___ ***Nutrition Scoreboard.*** Helps you rate the nutritional value of everyday meals.

___ ***Fast Food Eating Guide.*** Compares the calorie, sodium, and fat content of 250 popular fast foods.

___ ***Shari Belafonte's Eating Tips.*** Suggestions for African-Americans on eating healthier meals.

Films/Videos (see descriptions on pp. 40-41)

___ ***Fast Food: What's In It For You***, $395 16 mm, $295 VHS.

___ ***The Low-Fat Film***, $480 16 mm, $360 VHS.

Books (see descriptions on pp. 38-39)

___ ***Creative Food Experiences For Children***, $7.95.

___ ***Eat Think and Be Healthy***, $8.95.

___ ***Healthwise Quantity Cookbook***, $29.95.

___ ***White Paper on School-Lunch Nutrition***, $5.

___ ***A Parents' Guide: Organizing for Better School Food***, $7.

Computer software (see descriptions on page 42)

___ ***Nutrition Wizard***, for IBM-compatible computers, $99.95

___ ***DINE***, for Apple II Computers, $185.95.

_____Total

Make check payable to "CSPI." All items sold or. a 30-day, 100% money-back guarantee. Send form and check to: Publications, Center for Science in the Public Interest, Suite 300, 1875 Connecticut Ave., N.W., Washington, D.C. 20009-5728.

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